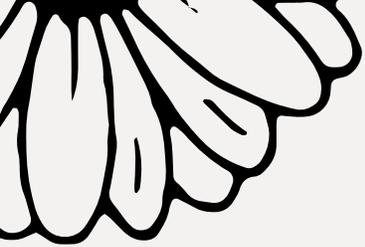


Tea
For Creativity



Level up your creative practice



Hi there!

I'M KAITLYN

I'm an herbalist, and artist. Tea is my love language- I grew up drinking orange pekoe, milk and sugar, and eventually delved deeper into herbal medicine as tea. It's my most favourite way of taking herbs.

In this guide, you'll learn about several teas specifically indicated for connecting with your creative gifts, and receive a simple tea recipe to go deeper. Feel free to experiment with the blends, infusion time, and temperature.

I selected teas that are fairly simple to find in grocery and health food stores, and are also simple to grow and dry yourself! I encourage you to pick one to work with for the entirety of one creative project. Let your intuition guide you. Then, prepare a small cup of the tea each day you are working on the project- taking a few minutes to mindfully sip, and get into a flow state.

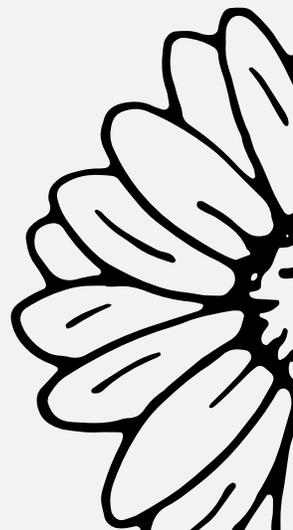
Please work with these plants in ways that are best for you- the information contained in this ebook is general and should not be considered medical advice. Always check in to make sure that something is safe for you to take.

I want to see your creations and tea blends! Feel free to tag me in your photos on Instagram and Facebook **@kaitlynbeugh**

Much love,

Kaitlyn

www.kaitlynbeugh.com



Preparation:

TEA

Tea is made from steeping herbs/ tea leaves in hot water for a shorter amount of time, typically 5-7 minutes. The taste of the beverage may be more subtle than an herbal infusion using the herbs featured in this PDF.

Preparation:

INFUSION

An herbal infusion is made by steeping herbs in hot water for 20 minutes or more. This allows the therapeutic effects of the herb to be infused in the water. Want it iced? infuse your herbs, and pour the infusion over ice cubes, or let cool to room temperature and put in the fridge.

Preparation:

DECOCTION

Herbal decoctions are preparations that allow the therapeutic properties of roots, berries, barks, and mushrooms to be extracted into water. Make a decoction by adding your herb and water in a pot, and slowly bringing it to a near boil on the stove, then turning the heat down and letting it near simmer for 20 minutes or more.

Alternative way to work with herbs

GROWING OR FORAGING

You can grow or forage for your own plants and take them as tea, or if you are unsure if the herb is safe for you at this time due to a health condition or pregnancy, growing and finding these plants in nature can help you connect with them in a different way.

If you have a garden, try planting one of these herbs in a pot or in the soil. Even on the balcony or a sunny windowsill is great!

If foraging in nature, be sure to know the plant ID like the back of your hand- no mistakes here. It's also good practice to be aware of any toxic or poisonous plants that grow in your area so you can avoid those. If in doubt, don't pick it.



CONNECT WITH THE PLANT

Connecting to plants is a personal journey and there is no one right way to do it- try out different ways until something resonates with you. A great first step is to research where the plant comes from, and how it may have gotten to you. From there, you can engage your senses to learn more about the plant from your own perspective.

HERBAL SAFETY

Tea is the gentlest form of medicine and for most people they are safe to take in moderation! However, if you have any concern, medical condition, taking any kind of pharmaceutical medication, are pregnant or breastfeeding, it's important to research before taking any herbs to make sure they are right for you. If in doubt, connect with it through growing it or finding it in nature.

WHERE TO LEARN MORE ABOUT HERBS

Herbalism is the people's medicine- there are an abundance of trusted and true resources that are free or paid out there to learn about herbs. Online resources include: **Chestnut School of Herbal Medicine, Herbal Academy, Wild Rose College**. You can also connect with your local environmental groups to find **local plant walks and in person classes**. On YouTube, Yarrow Willard (**The Herbal Jedi**) is a wonderful resource. **Local libraries** also have well-reviewed books on herbal medicine. Beware of AI generated herbal content- always research the author before reading their book to make sure they are trained in what they are teaching.

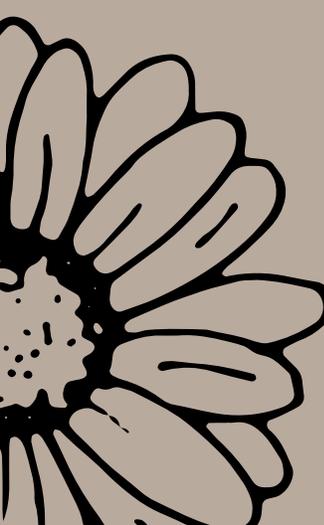




Photo credit: Victor Serban

Lemon Balm

Melissa officinalis, Lamiaceae

Lemon balm is sunshine medicine. It invites a sense of joy and lightness even on the gloomiest of days. Lemon Balm does not contain any caffeine and is perfect any time of the day. Sip it slowly when you are feeling the need to ground and reconnect to your creative practice.

Lemon Balm is also great for the immune system, digestion, and relaxation. There is emerging evidence that drinking Lemon Balm tea regularly can help with mild to moderate seasonal affective disorder.

Perfect to grow in the summer, and enjoy throughout the winter!

Lemon Balm is part of the mint family, and grows just like mint does- abundantly, and all over if you don't keep it contained. Some see this as a gift, others as a menace. Plant accordingly.

Preparation suggestion: infusion- 20+ minutes

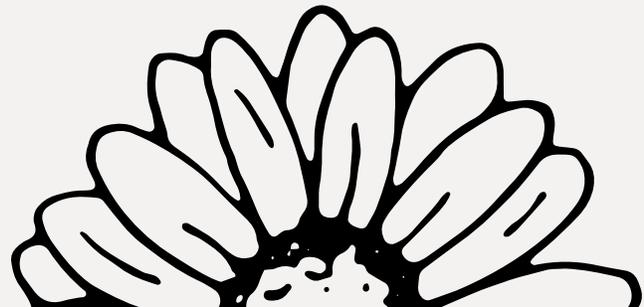




Photo credit: [Vedrana Filipović](#)

Chamomile

Matricaria recutita, Asteraceae

Chamomile is a classic relaxing tea. It can be sipped plain or made into a delicious tea latte by adding steamed milk and a touch of honey to the steeped tea. It's comforting- I've heard that serving someone a cup of Chamomile tea when they can't stop complaining will help them shift out of this quicker.

Within a creative practice, this tea can help you relax and focus when you are struggling to commit to whatever project is at hand.

Chamomile is also helpful for digestion and headaches. It is a carminative herb, meaning it supports digestion and helps with gas and bloating when you have eaten too much or something that disagrees with you.

It's an easy herb to grow in a sunny spot on your balcony, windowsill, or in your garden.

Preparation suggestion: tea- 5-7 minutes

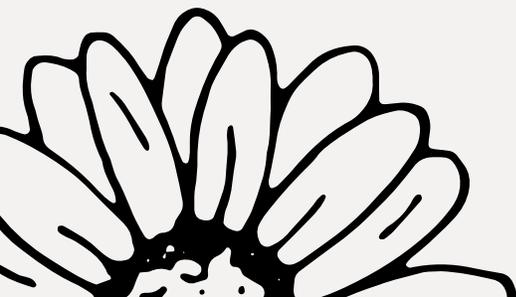




Photo credit: Avinash Sharma

Tulsi

Ocimum Tenuiflorum Lamiaceae

Also known as holy basil, Tulsi is an herb that promotes a sense of calm and focus mentally while supporting the body in restoring balance and equanimity. Tulsi has adaptogenic qualities- it aids in restoring energy while clearing toxins and enhances memory. All without caffeine!

Sip Tulsi tea while creating to support your sense of focus and memory.

Tulsi is also good for inflammation, and supports the immune system in its own special way as an immunomodulator. There are so many different benefits to this herb that I encourage you to look into all its uses as well.

Tulsi is fairly easy to grow in a pot on your balcony, windowsill or garden. Being in the mint family, it is fragrant and can grow abundantly under the right conditions.

Preparation suggestion: tea- steep 5-10 minutes

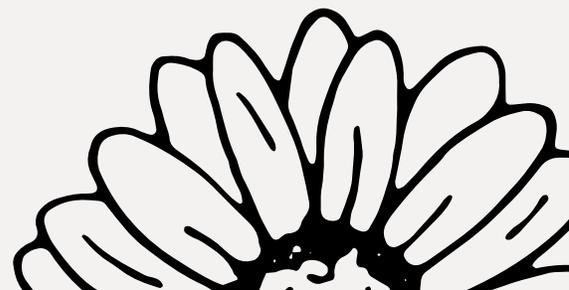




Photo by [Mila](#) on [Unsplash](#)

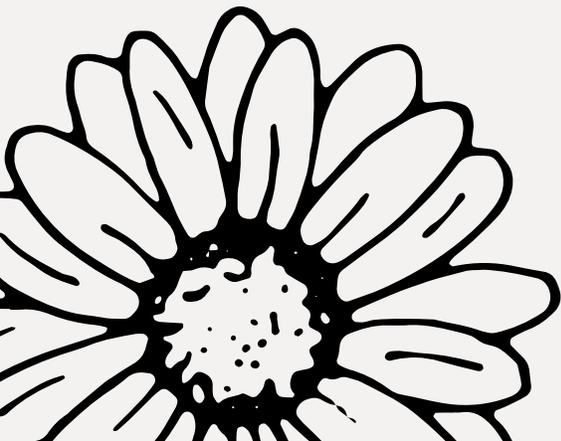
Yerba Mate

Ilex paraguariensis, Aquifoliaceae

Yerba Mate is an energizing herb. With similar stimulant properties to caffeine, it will give you a jolt of motivation and help you with moving a bit quicker. This tea helps with brain, heart, and vascular health.

Sipping Yerba Mate while creating is a great alternative to drinking coffee, keeping you energized and keeping up with your creative muse.

Preparation suggestion: tea- steep 5-10 minutes



RECIPES

SHAKE UP YOUR ROU'TEA'N



TULSI LEMON BALM TEA

1 part dried Tulsi leaves
1 part lemon balm

Steep 3-20+ minutes. Sip slowly and mindfully either hot or iced.

Pro tip: these also make delicious ice cubes. Let these plants infuse until cool, then pour into an ice cube tray and freeze.

CHAMOMILE LAVENDER TEA LATTE

3 parts chamomile
1 part lavender flowers
Honey to taste
Milk

Fill your mug half full with hot water and let tea steep for several minutes- the longer, the stronger the taste. Sweeten with honey if you please.

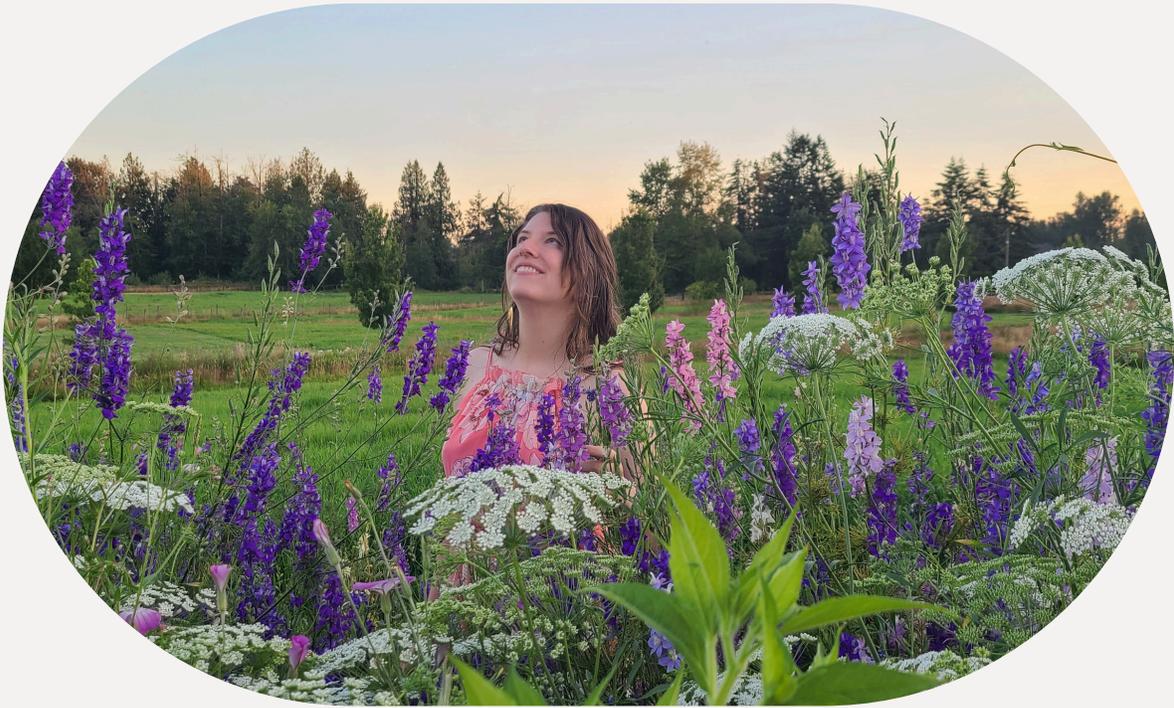
Heat up whatever kind of milk you drink, and pour on top. Froth it with a whisk if you want to be fancy. Optional: sprinkle cinnamon on top.

YERBA MINT TEA LATTE

1 part Yerba Mate
1 part Mint
Honey to taste
Milk

Fill your mug half full with hot water and let tea steep for several minutes- the longer, the stronger the taste. Sweeten with honey.

Heat up whatever kind of milk you drink, and pour on top. Froth it with a whisk if you want to be fancy.



THANK YOU

I hope you found some inspiration within this guide. Feel free to reach out if you have any questions or if you want to share your creations.

You can tag me on Instagram [@kaitlynbeugh](https://www.instagram.com/kaitlynbeugh)

or send me an email at hello@kaitlynbeugh.com

www.kaitlynbeugh.com

